

# 4 EXERCISES. 5 MINUTES. ONCE A WEEK.

**bioDensity**<sup>™</sup>  
STRENGTH FOR LIFE

## 4 Basic, Simple Exercises



### Leg Press

The leg press strengthens and tones the quadriceps (front of legs), the calves and gluteus muscles.



### Core Pull

The core pull strengthens and tones the abdominals, biceps (popeye muscle), the latissimus dorsi muscles (upper back).



### Chest Press

The chest press strengthens and tones the triceps (back of arms), deltoids (shoulders), and the pectorals (chest).



### Vertical Lift

The vertical lift strengthens and tones the trapezius muscles (upper back), spinal erectors (lower back), hamstrings (back of legs) and forearms. This exercise allow you to safely strengthen your lower back.



INCREASE YOUR STRENGTH. IMPROVE YOUR BALANCE. INCREASE YOUR BONE DENSITY.